NINTH ANNUAL NATIONAL PACER SYMPOSIUM
ABOUT CHILDREN & YOUNG ADULTS
WITH MENTAL HEALTH & LEARNING DISABILITIES

AGENDA

8 – 8:30 AM  Registration  |  Location: Ballroom A-B Lobby

8:30 – 8:45  Welcome  |  Location: Ballroom A-B
Paula Goldberg, Executive Director and a founder of PACER Center, Minn.
Barry Garfinkel, M.D., President and Founder, Center for Developmental
Psychopharmacology, Child and Adolescent Psychiatrist, Minn.

8:45 – 9:45  Opening Keynote Presentation  |  Location: Ballroom A-B
Restraint, Seclusion and Exclusion: The Grandma Test
Larry Wexler, Ph.D., Director of the Research to Practice Division of the U.S. Department of
Education, Office of Special Education Programs (OSEP), Washington, DC

9:45 – 10  Break, Move to Workshop Rooms
Sharman Davis Barrett, Project Director, PACER Center, Minn.

10 – 11:15  Workshops
1. Restraint, Seclusion and Exclusion: An Informal Discussion  |  Location: Room 208 C-D
   (this session will only be held in the morning breakout)
   Larry Wexler, Ph.D., Director of the Research to Practice Division of the U.S. Department of
   Education, Office of Special Education Programs (OSEP), Washington, DC
   This session will provide an opportunity for participants to engage in an informal discussion
   with Larry Wexler on the issues he raised in the morning keynote presentation.

2. What Do We Mean When We Talk about Asperger’s?  |  Location: Room 102 E-F
   Dr. Susan Jenkins, Director of the Bluestem Center for Child and Family Development,
   Minn.
   The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders of the American
   Psychiatric Association (DSM-V) removed the diagnosis of “Asperger’s Disorder.” Dr. Jenkins
   will discuss the history of “Asperger’s Disorder” as a diagnosis, why it was quickly adopted by
   many professionals, and the considerations of the DSM committee in eliminating it from the
   current manual. This talk will review related concepts such as non-verbal learning disabilities
   and social skills to give participants more specific ways of thinking about children who may or
   may not be on the autism spectrum.

* All keynote sessions will take place in Ballroom A-B
3. Understanding the Enormity of Depression and How to Develop Skills Needed for Healing in Children and Young Adults | Location: Room 102 A-B

Dr. Read Sulik, Child and Adolescent Psychiatrist and Pediatrician, Minn.

This will be an interactive workshop where Dr. Sulik will present his framework of understanding depression that he uses to teach his patients or in teaching professionals. Participants will come to understand “The 3s” of Depression (Mood Changes, Sleep and Energy Changes, and Thinking Changes) as well as the 3 most common types of changes in each of these, and the 3 most common problems that develop as a result. Dr. Sulik will review the 10 Soothing Skills that all individuals with depression need to develop in order to truly heal and recover from the illness and hopefully prevent further reoccurrences. Participants will be taught how to draw diagrams and summarize the key points that they can use to remember what is discovered and taught during this workshop.

4. What it Takes: Effectively Supporting Young Children with the Most Challenging Behaviors | Location: Room 102 C-D

Lise Fox, Ph.D., Director of the Florida Center for Inclusive Communities, the University of South Florida Center for Excellence in Developmental Disabilities and principal investigator of the OSEP-funded Technical Assistance Center on Social Emotional Intervention for Young Children, Florida

Lise Fox will describe a child and family centered approach to developing effective interventions for young children with persistent challenging behavior. The approach focuses on the design of prevention, support, and learning strategies that can be implemented by care providers and family members within natural settings. Participants will learn about the approach and materials that are available for implementation.


Location: Room 103 C-D

Amy Goetz and Andrea Jepsen, Attorneys at the School Law Center, Minn.

Children with mental illness and learning disabilities can face significant challenges at school. When these challenges are not understood, these students may not receive an education that meets their individual needs. The failure to properly educate students with disabilities can result in improper discipline at school and referrals to the juvenile courts. This presentation will discuss strategies for helping students with disabilities avoid such outcomes, and the disciplinary protections available under the Individuals with Disabilities Education Act, the Minnesota Pupil Fair Dismissal Act, and other laws.

6. Transition to Employment: Two Sides of the Same Coin | Location: Room 103 E-F

Jayne Spain, Secondary Transition Specialist at the Minnesota Department of Education, Minn., and Shauna McDonald, Director of Community Resource Development, PACER Center, Minn.

Helping students with disabilities become ready for postsecondary education and employment requires an early start to the secondary transition planning process with a focus on skill building. This session will provide tips on how to incorporate transition planning into the Individualized Education Program (IEP) and insights into expectations from employers. This session will also describe how families can be actively involved.
7. Student Success for $100 or Less: Free and Low-cost Assistive Technology for Students with Learning Disabilities | Location: Room 208 A-B

PACER’s Simon Technology Center Panel, Minn.
Rachel Magario, Assistive Technology Specialist
Kasey Miklik, Assistive Technology Specialist
John Newman, Assistive Technology Specialist

Assistive Technology doesn’t need to be expensive. Join us as we explore inexpensive tools for K-12 students. Skills addressed include reading, writing, life skills, organization and more.

8. Working with Parents, Teachers, and Others: A Team Approach to Meeting the Needs of Students with Challenging Behaviors that Interfere with Teaching and Learning

Location: Room 103 A-B

Jo Mascorro, M.Ed., independent consultant for education specializing in areas of behavior intervention, communication strategies, parenting skills, and programming for students with severe/profound disabilities, Texas

Working as a team is much easier said than done! Even with the best of intentions, a breakdown in communication may occur, leaving one or possibly both sides with hurt feelings and planning time for the needs of the student jeopardized. This interactive session will provide strategies for both parents and professionals in how to recognize factors that create communication challenges, and what skills we can all use to enhance the productivity of the next meeting.

11:15 AM – Noon Lunch (pre-set box lunches) | Location: Ballroom A-B

Noon – 12:15 Presentation | Location: Ballroom A-B

Make Stigma Disappear!

PACER’s Youth Advisory Board on Mental Health, Minn.
Introduction by Sharman Davis Barrett, Project Director, PACER Center, Minn. and Renelle Nelson, PACER’s Children’s Mental Health & Emotional or Behavioral Disorders Project

12:15 – 12:30 Presentation | Location: Ballroom A-B

National Bullying Prevention Center News and Events

Julie Hertzog, National Bullying Prevention Center Director, PACER Center, Minn. and Jody Manning, Parent Training and Information Center Coordinator, PACER Center, Minn.
Introduction by Virginia Richardson, Parent Training Manager, PACER Center, Minn.
12:30 – 1:45  Keynote Presentation  |  Location: Ballroom A-B
Don’t Look Now, YOUR Behavior is Showing! What ALL Adult Brains Should Know about ALL Children’s Brains…

Jo Mascorro, M.Ed., is an independent consultant for education specializing in areas of behavior intervention, communication strategies, parenting skills, and programming for students with disabilities, Texas

1:45 – 2  Move to Workshop Rooms

2 – 3:15  Workshops (Please see the descriptions from the morning sessions, as afternoon sessions will be identical, with the exception of Larry Wexler has been replaced with Read Sulik)

1. Anxiety from the Inside Out  |  Location: Room 102 A-B
Dr. Read Sulik, Child and Adolescent Psychiatrist and Pediatrician, Minn.
This will be an interactive workshop where Dr. Sulik will present his framework for understanding the physiological arousal experienced in anxiety that he uses to teach his patients as well as professionals. Participants will come to understand the Fight, Flight and Freeze response experienced and how sustained arousal in chronic stress, trauma, and anxiety can lead to systemic health as well as severe emotional and behavioral problems. Dr. Sulik’s style of teaching through stories and examples will help participants understand why anxiety is so easily misinterpreted and misdiagnosed. He will review the 10 Soothing Skills that all individuals with anxiety need to develop in order to truly master an approach to calming the arousal and addressing the maladaptive behavioral responses that commonly develop in anxiety disorders.

2. What Do We Mean When We Talk about Asperger’s?  |  Location: Room 102 E-F
Dr. Susan Jenkins, Director of the Bluestem Center for Child and Family Development, Minn.

3. What it Takes: Effectively Supporting Young Children with the Most Challenging Behaviors  |  Location: Room 102 C-D
Lise Fox, Ph.D., Director of the Florida Center for Inclusive Communities, the University of South Florida Center for Excellence in Developmental Disabilities and principal investigator of the OSEP-funded Technical Assistance Center on Social Emotional Intervention for Young Children, Florida

Location: Room 103 C-D
Amy Goetz and Andrea Jepsen, Attorneys at the School Law Center, Minn.

5. Transition to Employment: Two Sides of the Same Coin  |  Location: Room 103 E-F
Jayne Spain, Secondary Transition Specialist at the Minnesota Department of Education, Minn., and Shauna McDonald, Director of Community Resource Development, PACER Center, Minn.
6. Student Success for $100 or Less: Free and Low-cost Assistive Technology for Students with Learning Disabilities | Location: Room 208 A-B
PACER’s Simon Technology Center Panel, Minn.  
Rachel Magario, Assistive Technology Specialist  
Kasey Miklik, Assistive Technology Specialist  
John Newman, Assistive Technology Specialist

7. Working with Parents, Teachers, and Others: A Team Approach to Meeting the Needs of Students with Challenging Behaviors that Interfere with Teaching and Learning  
Location: Room 103 A-B  
Jo Mascorro, M.Ed., independent consultant for education specializing in areas of behavior intervention, communication strategies, parenting skills, and programming for students with severe/profound disabilities, Texas

3:15 – 3:30  Break, Move to Ballroom A-B

3:30 – 4:30  Closing Keynote Presentation | Location: Ballroom A-B  
Working in the Dark  
Dr. Susan Jenkins, Director of the Bluestem Center for Child and Family Development, Minn.

4:30  Closing Remarks  
Virginia Richardson, Parent Training Manager, PACER Center, Minn.  
Paula Goldberg, Executive Director and a founder of PACER Center, Minn.

1. Please hand in your participant forms and pick up your certificates of attendance in the lobby.  
2. An electronic evaluation survey will be e-mailed to you following the symposium.  
3. Please be sure to click that link to provide your important feedback.

Additional resource materials are available in the lobby.

Thank you!